



EAT BETTER, FEEL BETTER

Creating a foundation for learning through healthy eating and active living.

Principals Report Eat Better, Feel Better Students Eat More Fruits & Vegetables

The Eat Better, Feel Better (EBFB) pilot nutrition education program is pleased to report positive results from an evaluation carried out during the 2007/08 school year in four EBFB schools.

Overall, principals, teachers, staff and families reported they were pleased with the opportunity to participate in EBFB. They reported positive changes in student and staff nutrition and physical activity behaviors and in the overall healthy eating and physical activity cultures of the school. Teachers and parents reported that they want to see EBFB continue. The four EBFB school principals included in the evaluation plan to continue to participate in EBFB in the future.

The evaluation was developed and carried out by the University of Washington's Center for Public Health Nutrition at Concord, Van Asselt, John Muir and Emerson elementary schools. Three other nearby Seattle schools served as control schools.

Evaluation Highlights

- Principals reported that students ate more fresh fruits and vegetables and were willing to try new foods. They also reported that there was an increase in the variety of physical activities available for students.
- Parents reported changes in their own eating behaviors as a result of EBFB information and increased interest in their students in eating healthier.
- Parents/Guardians reported that their children wanted to eat more fruits and vegetables. Half of the parents interviewed said their child had asked them to buy more fruits and vegetables, including new items that had been introduced at schools.
- The proportion of students who reported higher levels of physical activity increased significantly in the EBFB intervention schools and did not increase significantly in the control schools.
- Indicators of attitudes and knowledge of nutrition did not change in either the intervention school or control schools. For practical reasons fourth and fifth grade graders were surveyed because they are able to more accurately answer questions requiring self-report than are younger students. However, during this pilot program, most EBFB education and programming took place in kindergarten to third grade classrooms.

Quotes from the Key Informant Interviews

"The kids are more willing to try different kinds of things, teachers are asking the students if what they are bringing is healthy or not, everyone is more aware."

-Principal

"The whole climate of the school has changed! Healthier snack and treats are being served in the classroom and for celebrations."

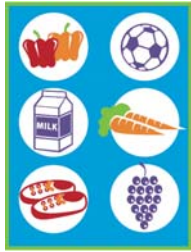
-Teacher

"The kids are more conscious now than they have been. Before there was lots of junk food and now kids are talking more about nutrition."

-School Staff

"Kids benefit from hearing about nutrition and physical activity for healthy living...the program reinforces family values."

-Parent



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"I thought it was very good and the girls got a lot out of it. Kids could benefit from hearing about nutrition and physical activity. For our family, we have it pretty down, but it is vital for kids to know about nutrition and healthy living. Our daughter really liked the farmers market. Thought it was awesome and the kids loved it. She was also impressed with the partnerships with the program and wants to try the recipes that she got at the market at home. Fantastic!"

-Parent

"Eat Better, Feel Better" (EBFB) is a comprehensive nutrition education and physical activity pilot program that integrates nutrition educators into the life of a school to improve nutrition and physical activity curricula, family activities and school environments. EBFB staff facilitates classroom-based nutrition education and physical activities based on the teacher's needs. The program works to build collaborations with community agencies that focus on nutrition and physical activity and schools.

EBFB brings a multitude of benefits and programs to six Seattle Public Schools including Concord, Emerson, John Muir, Maple, T.T. Minor and Van Asselt elementary schools. Fifty percent, or more, of students attending these schools qualify for free and/or reduced lunch.

The successes of the EBFB program result from having a half-time nutrition educator placed at a school. The educator is paired with a National Service member from Solid Ground's Apple Corps program. The team of the educator and Apple Corps member forms the relationships necessary to affect behavior and environmental change, acts as role models for the staff, family and students and brings in community partners to support future successes at the school.

Funding

EBFB is a multi-agency partnership between Public Health—Seattle & King County, Solid Ground's Apple Corps and the Seattle Public Schools. The program is funded through matching dollars from local community agencies. Match is used to draw down federal dollars from the USDA's SNAP-ED program. (Supplemental Nutrition Assistance Program-Nutrition Education).



This material was funded, in part, by USDA's SNAP Program through Public Health—Seattle & King County. The Basic Food Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689. This institution is an equal opportunity provider and employer.